

42.PKO PÓŁMARATON SZCZECIN "NA RAZ" - EDYCJA WIRTUALNA

B4SPORT

Wydarzenie: 42. PKO PÓŁMARATON SZCZECIN
Organizator: Stowarzyszenie K2 Partners
Data: 2021-08-01
Miejsce: Polska
Dystans: 21.1 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Dystans	Różn	Tempo min/km	Tempo km/h
1	PSZONICKA Zaneta	179	TEAM TUSZYN-LAS	K 20	1	00:00:00	21,1 KM	+00:00:00	4:04	14.7 (100%)
2	KUCZMA Jerzy	319		M 20	1	00:00:00	21,1 KM	+00:01:45	4:09	14.4 (98.0%)
3	PODGÓRSKI Michał	389		M 40	1	00:00:00	21,1 KM	+00:03:03	4:13	14.2 (96.6%)
4	ŻYWICKI Janusz	393	KB PIONIER SZCZECIN	M 50	1	00:00:00	21,1 KM	+00:03:48	4:15	14.1 (95.9%)
5	SULOWSKI Marcin	368		M 40	2	00:00:00	21,1 KM	+00:06:05	4:22	13.7 (93.2%)
6	KRÓLEWIAK Rafał	392		M 30	1	00:00:00	21,1 KM	+00:06:31	4:23	13.7 (93.2%)
7	NIEDOBA Oliwier	271	ALCHEMICZNA GILDIA BIEGOWA	M 20	2	00:00:00	21,1 KM	+00:07:36	4:26	13.5 (91.8%)
8	KRIEDEMANN Guido	151	KNAK RUNNERS	M 30	2	00:00:00	21,1 KM	+00:09:14	4:30	13.3 (90.5%)
9	NADROWSKI Kamil	266		M 30	3	00:00:00	21,1 KM	+00:09:21	4:31	13.3 (90.5%)
10	SMOLIŃSKI Tomasz	326		M 40	3	00:00:00	21,1 KM	+00:09:37	4:32	13.2 (89.8%)
11	LASKOWSKI Mariusz	390	NIGHT RUNNERS WRZEŚNIA	M 40	4	00:00:00	21,1 KM	+00:09:38	4:32	13.2 (89.8%)
12	BZURA Jacek	221	ENDUHUB RUNNING TEAM	M 40	5	00:00:00	21,1 KM	+00:10:51	4:35	13.1 (89.1%)
13	WITKOWSKI Jarosław	91	RUN INVESTMENT LIFE	M 40	6	00:00:00	21,1 KM	+00:12:38	4:40	12.8 (87.1%)
14	SHMYHOVSKYI Volodymyr	255		M 20	3	00:00:00	21,1 KM	+00:12:46	4:41	12.8 (87.1%)
15	KOZINIEC Krystian	335	DRUŻYNA FILIPA	M 40	7	00:00:00	21,1 KM	+00:13:43	4:43	12.7 (86.4%)
16	GONTARCZYK Michał	365		M 20	4	00:00:00	21,1 KM	+00:13:47	4:43	12.7 (86.4%)
17	KOPCZYŃSKI Marcin	279	SYCOWICE BIEGIEM...	M 40	8	00:00:00	21,1 KM	+00:13:47	4:43	12.7 (86.4%)
18	HAWRON Agnieszka	120		K 40	1	00:00:00	21,1 KM	+00:13:52	4:44	12.7 (86.4%)
19	PACEK Tomasz	11	PERFECT GLOSS	M 30	4	00:00:00	21,1 KM	+00:14:31	4:46	12.6 (85.7%)
20	PODLECKI Andrzej	341		M 40	9	00:00:00	21,1 KM	+00:14:44	4:46	12.6 (85.7%)
21	TRONIARZ Marcin	218	TEAMOCHAL	M 40	10	00:00:00	21,1 KM	+00:14:59	4:47	12.5 (85.0%)
22	WÓJTOWICZ Przemysław	241	OSP WZGÓRZE	M 30	5	00:00:00	21,1 KM	+00:15:18	4:48	12.5 (85.0%)
23	PISKORSKI Bartosz	206		M 20	5	00:00:00	21,1 KM	+00:15:47	4:49	12.4 (84.4%)
24	JASIK Wiktor	150		M 20	6	00:00:00	21,1 KM	+00:16:03	4:50	12.4 (84.4%)
25	GRUDOWSKI Konrad	254	PUSZCZYK BUKOWY	M 30	6	00:00:00	21,1 KM	+00:16:50	4:52	12.3 (83.7%)
26	ZAJĄC Łukasz	351	KS KROTOSZ KROTOSZYN	M 40	11	00:00:00	21,1 KM	+00:17:07	4:53	12.3 (83.7%)
27	SALAK Tomasz	242		M 30	7	00:00:00	21,1 KM	+00:17:26	4:54	12.2 (83.0%)
28	BOJKO Marek	63		M 40	12	00:00:00	21,1 KM	+00:17:33	4:54	12.2 (83.0%)
29	ZIELIŃSKI Bartosz	245		M 30	8	00:00:00	21,1 KM	+00:17:54	4:55	12.2 (83.0%)
30	RYCHTER Magdalena	123		K 30	1	00:00:00	21,1 KM	+00:18:29	4:57	12.1 (82.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Dystans	Różn	Tempo min/km	Tempo km/h
31	PAUKA Marek	360	UE WROCŁAW KATFIN	M 40	13	00:00:00	21,1 KM	+00:18:30	4:57	12.1 (82.3%)
32	CZYŻ Adam	95		M 40	14	00:00:00	21,1 KM	+00:18:49	4:58	12.1 (82.3%)
33	STALMACH Damian	274	LECYMY DURŚ	M 40	15	00:00:00	21,1 KM	+00:19:03	4:58	12 (81.6%)
34	ROBACZEWSKI Marcin	345	PKO BP SA	M 40	16	00:00:00	21,1 KM	+00:19:21	4:59	12 (81.6%)
35	BANAŚ Kamil	249	EGIS BIOVITALNI	M 30	9	00:00:00	21,1 KM	+00:19:27	5:00	12 (81.6%)
36	RYMER Wojciech	382	WŁASNY JEDNOOSOBOWY	M 40	17	00:00:00	21,1 KM	+00:19:49	5:01	12 (81.6%)
37	SAFIN Staszek	265	WATAHA ŁĄCZY NAS BIEGANIE	M 40	18	00:00:00	21,1 KM	+00:19:54	5:01	11.9 (81.0%)
38	MAŁECKI Grzegorz	133	CRİK FCA POLAND	M 40	19	00:00:00	21,1 KM	+00:20:09	5:02	11.9 (81.0%)
39	URBAN Łukasz	396	SPODENKI NISKO OPUSZCZONE	M 40	20	00:00:00	21,1 KM	+00:20:09	5:02	11.9 (81.0%)
40	DĘBOWSKI Krzysztof	340	POLONIA ŚRODA	M 40	21	00:00:00	21,1 KM	+00:20:21	5:02	11.9 (81.0%)
41	WAWRZYNIAK Damian	295	AKTYWNI KAMIEŃSK / RR	M 30	10	00:00:00	21,1 KM	+00:20:24	5:02	11.9 (81.0%)
42	JAMROZY Ryszard	290	TRUCHT	M 50	2	00:00:00	21,1 KM	+00:20:28	5:02	11.9 (81.0%)
43	UTECHT Sławomir	122	BIEGAJĄCE KREJZOLE	M 30	11	00:00:00	21,1 KM	+00:20:40	5:03	11.9 (81.0%)
44	PIEGZA Tomasz	6		M 40	22	00:00:00	21,1 KM	+00:20:41	5:03	11.9 (81.0%)
45	TUMIEL Daniel	173	CALCATERRA SPORT ASD	M 40	23	00:00:00	21,1 KM	+00:20:55	5:04	11.8 (80.3%)
46	BEBAK Roman	42	ZEMBRZYCE TEAM	M 60	1	00:00:00	21,1 KM	+00:20:57	5:04	11.8 (80.3%)
47	POLACKI Rafał	286	POZNAŃ	M 50	3	00:00:00	21,1 KM	+00:21:12	5:05	11.8 (80.3%)
48	CHYŁA Dawid	268	CSAIU TORUŃ	M 30	12	00:00:00	21,1 KM	+00:21:16	5:05	11.8 (80.3%)
49	WOLSKI Tomasz	388	WIECZORNE BIEGANIE W SZCZECINIE	M 40	24	00:00:00	21,1 KM	+00:21:16	5:05	11.8 (80.3%)
50	FURMANIUK Jaromir	357	SAMOTNY BIAŁY ŻAGIEL	M 40	25	00:00:00	21,1 KM	+00:21:25	5:05	11.8 (80.3%)
51	BENSZ Dariusz	316		M 40	26	00:00:00	21,1 KM	+00:21:48	5:06	11.7 (79.6%)
52	WOLLNY Kamil	349		M 20	7	00:00:00	21,1 KM	+00:21:51	5:06	11.7 (79.6%)
53	MELNYK Sergii	171		M 30	13	00:00:00	21,1 KM	+00:21:53	5:06	11.7 (79.6%)
54	KOWALSKI Artur	154	ZTPL.CC	M 40	27	00:00:00	21,1 KM	+00:22:46	5:09	11.6 (78.9%)
55	ŁUBIŃSKI Krzysztof	253		M 40	28	00:00:00	21,1 KM	+00:22:48	5:09	11.6 (78.9%)
56	SAŃKA Paweł	238		M 40	29	00:00:00	21,1 KM	+00:23:01	5:10	11.6 (78.9%)
57	PAŁKA Tomasz	356		M 30	14	00:00:00	21,1 KM	+00:23:03	5:10	11.6 (78.9%)
58	KORBANEK Zbigniew	145		M 50	4	00:00:00	21,1 KM	+00:23:47	5:12	11.5 (78.2%)
59	NOWAK Karol	256		M 20	8	00:00:00	21,1 KM	+00:23:47	5:12	11.5 (78.2%)
60	WASILEWSKA Urszula	250	EGIS BIOVITALNI	K 40	2	00:00:00	21,1 KM	+00:24:01	5:13	11.5 (78.2%)
61	RUSZCZAK Tomasz	36	LEVEL X TEAM	M 40	30	00:00:00	21,1 KM	+00:24:49	5:15	11.4 (77.6%)
62	DZIEDZIC Józef	121	ZABIEGANY WOŁOMIN	M 50	5	00:00:00	21,1 KM	+00:24:50	5:15	11.4 (77.6%)
63	SZACH Andrzej	17	22KBPG	M 40	31	00:00:00	21,1 KM	+00:24:50	5:15	11.4 (77.6%)
64	WIŚNIEWSKA Marta	224	WIECZORNE BIEGANIE W SZCZECINIE	K 40	3	00:00:00	21,1 KM	+00:24:56	5:15	11.4 (77.6%)
65	SOŁTYSEK Marcin	208	JUSTFEELFIT TEAM	M 40	32	00:00:00	21,1 KM	+00:25:04	5:16	11.4 (77.6%)
66	DUDA Jacek	194		M 50	6	00:00:00	21,1 KM	+00:25:05	5:16	11.4 (77.6%)
67	DOBROWOLSKA Anna	94		K 30	2	00:00:00	21,1 KM	+00:25:10	5:16	11.4 (77.6%)
68	DUDZIAK DOBICONNECT Adam	399	DOBICONNECT	M 40	33	00:00:00	21,1 KM	+00:25:27	5:17	11.4 (77.6%)
69	KIWERTZ Anna	269	SAULA TEAM	K 40	4	00:00:00	21,1 KM	+00:25:31	5:17	11.3 (76.9%)
70	GIDELSKI Rafał	273		M 40	34	00:00:00	21,1 KM	+00:25:39	5:17	11.3 (76.9%)
71	SOBECKI Tomasz	387		M 20	9	00:00:00	21,1 KM	+00:25:42	5:17	11.3 (76.9%)
72	KĘDZIORA Piotr	20		M 30	15	00:00:00	21,1 KM	+00:25:55	5:18	11.3 (76.9%)
73	SĘDROWSKI Adam	191		M 20	10	00:00:00	21,1 KM	+00:26:10	5:19	11.3 (76.9%)
74	KOPER Adam	3		M 40	35	00:00:00	21,1 KM	+00:26:38	5:20	11.2 (76.2%)
75	CHOYNACKA-SAŃKA Alicja	237		K 40	5	00:00:00	21,1 KM	+00:26:47	5:20	11.2 (76.2%)

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76	JANASZEK Grzegorz	130		M 40	36	00:00:00	21,1 KM	+00:27:15	5:22	11.2 (76.2%)
77	PRZYBYSZ Paweł	163		M 30	16	00:00:00	21,1 KM	+00:27:15	5:22	11.2 (76.2%)
78	RUTKOWSKI Marek	52	KLUB BIEGACZA 100 JEZIOR	M 60	2	00:00:00	21,1 KM	+00:27:17	5:22	11.2 (76.2%)
79	TARNOWSKA Renata	146	WIECZORNE BIEGANIE W SZCZECINIE	K 50	1	00:00:00	21,1 KM	+00:27:38	5:23	11.1 (75.5%)
80	FRĄCKOWIAK Cezariusz	239		M 50	7	00:00:00	21,1 KM	+00:27:41	5:23	11.1 (75.5%)
81	SIKORSKI Marcin	313	KMC	M 30	17	00:00:00	21,1 KM	+00:27:56	5:24	11.1 (75.5%)
82	WALIGÓRSKI Tomasz	312		M 40	37	00:00:00	21,1 KM	+00:28:03	5:24	11.1 (75.5%)
83	NIEDLICH Anna	281		K 40	6	00:00:00	21,1 KM	+00:28:13	5:24	11.1 (75.5%)
84	ADAMIAK Marcin	285		M 40	38	00:00:00	21,1 KM	+00:28:25	5:25	11.1 (75.5%)
85	PYSZCZEK Jacek	297	BIEGIEM RADOM!	M 50	8	00:00:00	21,1 KM	+00:28:27	5:25	11.1 (75.5%)
86	SZEWCZYK Monika	321		K 30	3	00:00:00	21,1 KM	+00:28:34	5:25	11 (74.8%)
87	ERAZMUS Michał	300		M 20	11	00:00:00	21,1 KM	+00:28:43	5:26	11 (74.8%)
88	LIPSKI Wojciech	311		M 30	18	00:00:00	21,1 KM	+00:28:47	5:26	11 (74.8%)
89	SKORSTAD Izabela	348	IZABELA SYLWIA SKORSTAD	K 40	7	00:00:00	21,1 KM	+00:28:51	5:26	11 (74.8%)
90	PRZYBYSZEWSKI Radosław	306		M 40	39	00:00:00	21,1 KM	+00:28:51	5:26	11 (74.8%)
91	ŻURAWSKI Michał	235	TOTALSHINE	M 30	19	00:00:00	21,1 KM	+00:29:02	5:27	11 (74.8%)
92	KOSIŃSKI Mateusz	69		M 30	20	00:00:00	21,1 KM	+00:29:11	5:27	11 (74.8%)
93	KOŁODZIEJCZAK Artur	352	NIGHT RUNNERS WRZEŚNIA	M 40	40	00:00:00	21,1 KM	+00:29:16	5:27	11 (74.8%)
94	SZYDEŁKO Agata	103		K 30	4	00:00:00	21,1 KM	+00:29:31	5:28	11 (74.8%)
95	GRABOWICZ Paweł	229		M 40	41	00:00:00	21,1 KM	+00:29:32	5:28	11 (74.8%)
96	ZAJAC Przemysław	58		M 30	21	00:00:00	21,1 KM	+00:29:37	5:28	10.9 (74.1%)
97	MOLENDOWSKI Artur	27		M 30	22	00:00:00	21,1 KM	+00:29:42	5:29	10.9 (74.1%)
98	MARTYNIUK Ryszard	278		M 30	23	00:00:00	21,1 KM	+00:29:50	5:29	10.9 (74.1%)
99	SOWA Krzysztof	318		M 30	24	00:00:00	21,1 KM	+00:30:16	5:30	10.9 (74.1%)
100	RATAJCZAK Konrad	55	TROCĘ JUŻ BIEGAM ,)	M 40	42	00:00:00	21,1 KM	+00:30:20	5:30	10.9 (74.1%)
101	RUDZIEWICZ Michał	344		M 40	43	00:00:00	21,1 KM	+00:30:43	5:32	10.8 (73.5%)
102	RUDZIEWICZ Urszula	343		K 30	5	00:00:00	21,1 KM	+00:30:44	5:32	10.8 (73.5%)
103	ŻURAWSKI Łukasz	394	SKRAJ BAGNA	M 30	25	00:00:00	21,1 KM	+00:30:46	5:32	10.8 (73.5%)
104	GAWRON Urszula	86		K 30	6	00:00:00	21,1 KM	+00:30:51	5:32	10.8 (73.5%)
105	PISZCZEK Sławomir	54		M 40	44	00:00:00	21,1 KM	+00:30:54	5:32	10.8 (73.5%)
106	PACZKOWSKI Jarek	110		M 40	45	00:00:00	21,1 KM	+00:30:57	5:32	10.8 (73.5%)
107	KOWAL Łukasz	367		M 20	12	00:00:00	21,1 KM	+00:31:00	5:32	10.8 (73.5%)
108	GÓRALCZYK Artur	93		M 20	13	00:00:00	21,1 KM	+00:31:07	5:33	10.8 (73.5%)
109	WAJDZIAK Marcin	384		M 40	46	00:00:00	21,1 KM	+00:31:12	5:33	10.8 (73.5%)
110	WASIELEWSKI Piotr	1		M 20	14	00:00:00	21,1 KM	+00:31:16	5:33	10.8 (73.5%)
111	WRÓBLEWSKI Tomasz	106		M 40	47	00:00:00	21,1 KM	+00:31:34	5:34	10.8 (73.5%)
112	SZYSZKO Ewa	152	MARKOWI BIEGACZE	K 40	8	00:00:00	21,1 KM	+00:31:41	5:34	10.8 (73.5%)
113	WASIELEWSKA Anna	138		K 40	9	00:00:00	21,1 KM	+00:31:44	5:34	10.7 (72.8%)
114	NOWAK Michał	228	STABILNY GRUNT RUNNING TEAM	M 30	26	00:00:00	21,1 KM	+00:31:54	5:35	10.7 (72.8%)
115	MAJEWSKA-SZYMCZYK Joanna	376		K 30	7	00:00:00	21,1 KM	+00:31:56	5:35	10.7 (72.8%)
116	FIDECKI Wiesław	259	NIEZRZESZONY	M 70+	1	00:00:00	21,1 KM	+00:32:06	5:36	10.7 (72.8%)
117	BAŃKA Mariusz	264		M 40	48	00:00:00	21,1 KM	+00:32:07	5:36	10.7 (72.8%)
118	RODAK Szymon	166		M 20	15	00:00:00	21,1 KM	+00:32:13	5:36	10.7 (72.8%)
119	STRÓŻYK Piotrek	291		M 40	49	00:00:00	21,1 KM	+00:32:27	5:37	10.7 (72.8%)
120	KUŻMA Krzysiek	74	YULO RUN TEAM SIEDLCE	M 40	50	00:00:00	21,1 KM	+00:32:31	5:37	10.7 (72.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Dystans	Różn	Tempo min/km	Tempo km/h
121	SOKOŁOWSKI Michał	113		M 20	16	00:00:00	21,1 KM	+00:32:36	5:37	10.7 (72.8%)
122	JURECZKO Rafal	160	OLKUSZBIEGA	M 40	51	00:00:00	21,1 KM	+00:32:43	5:37	10.7 (72.8%)
123	SOBCZAK Marek	327		M 40	52	00:00:00	21,1 KM	+00:32:46	5:37	10.7 (72.8%)
124	STASZKIEWICZ Lucyna	337	STASHKY TEAM	K 50	2	00:00:00	21,1 KM	+00:32:47	5:37	10.7 (72.8%)
125	STANEK Paweł	134		M 50	9	00:00:00	21,1 KM	+00:32:55	5:38	10.6 (72.1%)
126	DUBIAK Jakub	220		M 20	17	00:00:00	21,1 KM	+00:32:56	5:38	10.6 (72.1%)
127	DOŁĘGOWSKA Karolina	2	BBL POLICE	K 30	8	00:00:00	21,1 KM	+00:33:07	5:38	10.6 (72.1%)
128	CIESIOŁKIEWICZ Mariusz	283		M 40	53	00:00:00	21,1 KM	+00:33:21	5:39	10.6 (72.1%)
129	FIGIEL Mariusz	23		M 50	10	00:00:00	21,1 KM	+00:33:29	5:39	10.6 (72.1%)
130	SZARMACH Andrzej	40	PŁOCK BIEGA NO AGE LIMIT	M 40	54	00:00:00	21,1 KM	+00:33:36	5:40	10.6 (72.1%)
131	ROZEN Agnieszka	135		K 40	10	00:00:00	21,1 KM	+00:33:40	5:40	10.6 (72.1%)
132	RYMARZ Paulina	131	PĘDZĄCE ŚLIMAKI	K 30	9	00:00:00	21,1 KM	+00:33:46	5:40	10.6 (72.1%)
133	BRODAKCI Paweł	24		M 30	27	00:00:00	21,1 KM	+00:33:46	5:40	10.6 (72.1%)
134	URBAŃCZAK Szymon	83	DOBICONNECT	M 40	55	00:00:00	21,1 KM	+00:33:53	5:41	10.6 (72.1%)
135	BERENDA Jan	232		M 30	28	00:00:00	21,1 KM	+00:33:58	5:41	10.5 (71.4%)
136	ZABOROWSKI Tomasz	108		M 30	29	00:00:00	21,1 KM	+00:34:08	5:41	10.5 (71.4%)
137	PISZCZEK Marzena	53		K 40	11	00:00:00	21,1 KM	+00:34:09	5:41	10.5 (71.4%)
138	GAŁKA Robert	143	GRLTEAM	M 40	56	00:00:00	21,1 KM	+00:34:16	5:42	10.5 (71.4%)
139	WODORACKI Dariusz	192		M 60	3	00:00:00	21,1 KM	+00:34:52	5:43	10.5 (71.4%)
140	WOLFRAM Dawid	175		M 30	30	00:00:00	21,1 KM	+00:34:58	5:44	10.5 (71.4%)
141	KOWALCZUK Dariusz	247		M 30	31	00:00:00	21,1 KM	+00:34:58	5:44	10.5 (71.4%)
142	KNAPIK Tomasz	248	EGIS-POLSKA	M 30	32	00:00:00	21,1 KM	+00:35:04	5:44	10.5 (71.4%)
143	RUDZKO Wojciech	216		M 50	11	00:00:00	21,1 KM	+00:35:19	5:45	10.4 (70.7%)
144	STRUŻYK Adam	186		M 40	57	00:00:00	21,1 KM	+00:35:19	5:45	10.4 (70.7%)
145	MATUSZAK Krzysztof	211	TRIGYM SZCZECIN	M 40	58	00:00:00	21,1 KM	+00:35:28	5:45	10.4 (70.7%)
146	KOROWIEC Michał	101		M 30	33	00:00:00	21,1 KM	+00:36:08	5:47	10.4 (70.7%)
147	ŻYŁOWSKI Filip	272		M 30	34	00:00:00	21,1 KM	+00:36:08	5:47	10.4 (70.7%)
148	ADAMCZYK Grzegorz	217	DXC TECHNOLOGY	M 50	12	00:00:00	21,1 KM	+00:36:50	5:49	10.3 (70.1%)
149	CZAJA Maciej	346	MINICLASSIC.PL	M 40	59	00:00:00	21,1 KM	+00:36:55	5:49	10.3 (70.1%)
150	BASZUN Michał	39	PERSONAS	M 40	60	00:00:00	21,1 KM	+00:37:06	5:50	10.3 (70.1%)
151	WICKI Karol	214	GREG TEAM	M 20	18	00:00:00	21,1 KM	+00:37:07	5:50	10.3 (70.1%)
152	HUDEREK Łukasz	282		M 40	61	00:00:00	21,1 KM	+00:37:16	5:50	10.3 (70.1%)
153	CEGLAREK Marcin	302	CEGŁA TEAM	M 30	35	00:00:00	21,1 KM	+00:37:28	5:51	10.2 (69.4%)
154	BLÄSSE Detlef	118	RWO ENDURANCE TEAM	M 50	13	00:00:00	21,1 KM	+00:37:48	5:52	10.2 (69.4%)
155	SIKORA Dawid	141		M 40	62	00:00:00	21,1 KM	+00:37:58	5:52	10.2 (69.4%)
156	BYCZKOWSKI Jan	362		M 40	63	00:00:00	21,1 KM	+00:37:59	5:52	10.2 (69.4%)
157	KRYSIAK Kamil	296	KB PENTO STRZELCE KRAJ.	M 30	36	00:00:00	21,1 KM	+00:38:04	5:52	10.2 (69.4%)
158	DYCHTO Michał	132	ŻYWCEM ZABIEGANI 2.0	M 40	64	00:00:00	21,1 KM	+00:38:09	5:53	10.2 (69.4%)
159	WALKIEWICZ Łukasz	43		M 30	37	00:00:00	21,1 KM	+00:38:10	5:53	10.2 (69.4%)
160	DOLATA Marcin	25		M 40	65	00:00:00	21,1 KM	+00:38:29	5:54	10.2 (69.4%)
161	OKULICZ Anita	236	MUD FOXES	K 30	10	00:00:00	21,1 KM	+00:38:38	5:54	10.2 (69.4%)
162	MIKOŁAJCZYK Michał	355	UNIVERSITY OF WARSAW	M 30	38	00:00:00	21,1 KM	+00:38:42	5:54	10.1 (68.7%)
163	JUSZCZYK Grzegorz	299		M 40	66	00:00:00	21,1 KM	+00:38:44	5:54	10.1 (68.7%)
164	LIJEWSKI Tomasz	139	AMATORSKA LIGA CHULIGANKA SWAJ	M 40	67	00:00:00	21,1 KM	+00:38:47	5:55	10.1 (68.7%)
165	SPYCHAŁA Miłosz	125		M 30	39	00:00:00	21,1 KM	+00:39:01	5:55	10.1 (68.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Dystans	Różn	Tempo min/km	Tempo km/h
166	SCHMIDT Janusz	301	BIEGAM Z ŻONĄ	M 40	68	00:00:00	21,1 KM	+00:39:04	5:55	10.1 (68.7%)
167	ŻUCHOWSKI Łukasz	383	TROCHĘ RURZYCA	M 40	69	00:00:00	21,1 KM	+00:39:28	5:56	10.1 (68.7%)
168	RYCZKOWSKI Adrian	148		M 20	19	00:00:00	21,1 KM	+00:39:36	5:57	10.1 (68.7%)
169	BIELAK Michał	320		M 20	20	00:00:00	21,1 KM	+00:39:48	5:57	10.1 (68.7%)
170	LAMENT Karol	4		M 40	70	00:00:00	21,1 KM	+00:40:13	5:59	10 (68.0%)
171	GÓRALSKI Michał	164		M 30	40	00:00:00	21,1 KM	+00:40:22	5:59	10 (68.0%)
172	MICHALIK Dawid	200	WIECZORNE BIEGANIE W OPOLU	M 30	41	00:00:00	21,1 KM	+00:40:48	6:00	10 (68.0%)
173	GODZIUK Roman	188		M 60	4	00:00:00	21,1 KM	+00:41:03	6:01	10 (68.0%)
174	MICHALAK Mateusz	59		M 30	42	00:00:00	21,1 KM	+00:41:08	6:01	10 (68.0%)
175	WOŁOCH Ola	246		K 30	11	00:00:00	21,1 KM	+00:41:20	6:02	9.9 (67.3%)
176	HASIAK Michał	201	LZS WÓJCICE	M 30	43	00:00:00	21,1 KM	+00:41:22	6:02	9.9 (67.3%)
177	GAB Marcin	195		M 30	44	00:00:00	21,1 KM	+00:41:22	6:02	9.9 (67.3%)
178	CIESIELSKI Krzysztof	158	FAST WALKER	M 60	5	00:00:00	21,1 KM	+00:41:57	6:04	9.9 (67.3%)
179	MATUSZAK Anita	215	TRIGYM SZCZECIN	K 40	12	00:00:00	21,1 KM	+00:41:58	6:04	9.9 (67.3%)
180	KAPRUZIAK Waldemar	87		M 40	71	00:00:00	21,1 KM	+00:42:03	6:04	9.9 (67.3%)
181	BARSZCZEWSKI Paweł	289		M 40	72	00:00:00	21,1 KM	+00:42:19	6:05	9.9 (67.3%)
182	MICHALEWICZ Tomasz	230		M 50	14	00:00:00	21,1 KM	+00:42:51	6:06	9.8 (66.7%)
183	WOJTULEWSKI Dariusz	71		M 40	73	00:00:00	21,1 KM	+00:42:53	6:06	9.8 (66.7%)
184	GRAJ Ewa	193	KB KATORŻNIK MUROWANA GOŚLINA	K 40	13	00:00:00	21,1 KM	+00:42:53	6:06	9.8 (66.7%)
185	JÓZEF Marek	31		M 40	74	00:00:00	21,1 KM	+00:42:58	6:06	9.8 (66.7%)
186	CHĄDZYŃSKI Marcin	189		M 30	45	00:00:00	21,1 KM	+00:42:59	6:06	9.8 (66.7%)
187	ŚNIEGOWSKI Sebastian	180	RAWLPLUG	M 30	46	00:00:00	21,1 KM	+00:43:02	6:07	9.8 (66.7%)
188	KWAŚNIEWSKI Mariusz	81	ZIELONA GÓRO ZACZNIJ BIEGAĆ	M 50	15	00:00:00	21,1 KM	+00:43:05	6:07	9.8 (66.7%)
189	ROŻEK Marcin	57	CSWL POZNAŃ	M 30	47	00:00:00	21,1 KM	+00:43:11	6:07	9.8 (66.7%)
190	SPANDEL-PIWOWAR Izabela	8	EASYPAN RACIBÓRZ	K 40	14	00:00:00	21,1 KM	+00:43:25	6:08	9.8 (66.7%)
191	ZDOLSKI Tomasz	293		M 40	75	00:00:00	21,1 KM	+00:43:31	6:08	9.8 (66.7%)
192	WAŚKIEWICZ Konrad	226		M 30	48	00:00:00	21,1 KM	+00:43:59	6:09	9.7 (66.0%)
193	JABŁONOWSKA Aleksandra	92		K 30	12	00:00:00	21,1 KM	+00:44:03	6:10	9.7 (66.0%)
194	KLAMERUS Izabela	212		K 40	15	00:00:00	21,1 KM	+00:44:24	6:10	9.7 (66.0%)
195	KURAS Damian	45	DOMDATA RUNTEAM	M 30	49	00:00:00	21,1 KM	+00:44:49	6:12	9.7 (66.0%)
196	AUGUSTYNIAK Jakub	64		M 30	50	00:00:00	21,1 KM	+00:45:00	6:12	9.7 (66.0%)
197	SIKORA-SABAT Anna	267		K 30	13	00:00:00	21,1 KM	+00:45:03	6:12	9.7 (66.0%)
198	LIZAKOWSKI Piotr	331	ISPL ELIZA KACZMAREK-LIZAKOWSKA	M 40	76	00:00:00	21,1 KM	+00:45:08	6:13	9.6 (65.3%)
199	REINHOLZ Elżbieta	12		K 40	16	00:00:00	21,1 KM	+00:45:13	6:13	9.6 (65.3%)
200	GUDALEWSKI Tomasz	111	PODLASKI KLUB SPORTOWY "NA SZCZYT"	M 50	16	00:00:00	21,1 KM	+00:45:23	6:13	9.6 (65.3%)
201	ZALEWSKA Joanna	102		K 40	17	00:00:00	21,1 KM	+00:45:38	6:14	9.6 (65.3%)
202	OKOŃSKI Jarosław	35	MEELOGIC	M 30	51	00:00:00	21,1 KM	+00:45:57	6:15	9.6 (65.3%)
203	URBAŃSKI Tomasz	332	BIAŁOGARD BIEGA	M 40	77	00:00:00	21,1 KM	+00:46:28	6:16	9.6 (65.3%)
204	MALINOWSKI Bartek	65		M 40	78	00:00:00	21,1 KM	+00:46:49	6:17	9.5 (64.6%)
205	WITASZEK Wojciech	380	OZO OZORKÓW	M 40	79	00:00:00	21,1 KM	+00:46:53	6:18	9.5 (64.6%)
206	MAJCHRZAK Bogusław	223		M 40	80	00:00:00	21,1 KM	+00:47:10	6:18	9.5 (64.6%)
207	LIS Karol	333	BORSUKI	M 40	81	00:00:00	21,1 KM	+00:47:40	6:20	9.5 (64.6%)
208	TYLKE Jerzy	381	OZO OZORKÓW	M 50	17	00:00:00	21,1 KM	+00:47:42	6:20	9.5 (64.6%)
209	WILIŃSKI Marek	361	TRENUJE BO DOBRZE SIĘ Z TYM CZUJE	M 60	6	00:00:00	21,1 KM	+00:47:49	6:20	9.5 (64.6%)
210	KAWCZYŃSKI Maciej	66	RAZ SZCZECIN	M 40	82	00:00:00	21,1 KM	+00:47:54	6:20	9.5 (64.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Dystans	Różn	Tempo min/km	Tempo km/h
211	ADAMUS Janusz	177		M 40	83	00:00:00	21,1 KM	+00:47:56	6:21	9.4 (63.9%)
212	ŁASZCZUK Andrzej	85	RUN ANDREW RUN	M 50	18	00:00:00	21,1 KM	+00:48:01	6:21	9.4 (63.9%)
213	WITKOWSKA Karolina	385		K 30	14	00:00:00	21,1 KM	+00:48:15	6:21	9.4 (63.9%)
214	RÓŻAŃSKA Magdalena	142		K 40	18	00:00:00	21,1 KM	+00:48:18	6:22	9.4 (63.9%)
215	GIERASIMOWICZ Anna	314		K 50	3	00:00:00	21,1 KM	+00:48:19	6:22	9.4 (63.9%)
216	BZURA Emilia	222		K 40	19	00:00:00	21,1 KM	+00:48:41	6:23	9.4 (63.9%)
217	DUDZIAK Tadeusz	185		M 50	19	00:00:00	21,1 KM	+00:48:47	6:23	9.4 (63.9%)
218	FANDRYCH Krzysztof	88		M 40	84	00:00:00	21,1 KM	+00:49:06	6:24	9.4 (63.9%)
219	KAWCZYŃSKA Magdalena	67	RAZ SZCZECIN	K 40	20	00:00:00	21,1 KM	+00:49:10	6:24	9.4 (63.9%)
220	WIĘCKOWSKI Sebastian	34		M 40	85	00:00:00	21,1 KM	+00:49:14	6:24	9.4 (63.9%)
221	SCHWANN Mirosław	183	WEJHEROWSKIE ŁABĘDZIE	M 50	20	00:00:00	21,1 KM	+00:49:19	6:24	9.4 (63.9%)
222	WIKTORSKI Sebastian	483		M 40	86	00:00:00	21,1 KM	+00:49:46	6:26	9.3 (63.3%)
223	CIEŚLA Arkadiusz	252	BIEGAMY Z SERCEM	M 40	87	00:00:00	21,1 KM	+00:49:57	6:26	9.3 (63.3%)
224	WAŚKOWSKI Krzysztof	342		M 30	52	00:00:00	21,1 KM	+00:50:10	6:27	9.3 (63.3%)
225	GRABNER Johann	21		M 50	21	00:00:00	21,1 KM	+00:50:28	6:28	9.3 (63.3%)
226	KAJDAN Hanna	107	KOBIETY W BIEGU	K 50	4	00:00:00	21,1 KM	+00:50:30	6:28	9.3 (63.3%)
227	KUCHARSKI Jakub	126	JKU1979	M 40	88	00:00:00	21,1 KM	+00:50:36	6:28	9.3 (63.3%)
228	WUJEK Marcin	149		M 40	89	00:00:00	21,1 KM	+00:50:54	6:29	9.2 (62.6%)
229	WIŚNIEWSKI Rafał	298		M 40	90	00:00:00	21,1 KM	+00:51:04	6:29	9.2 (62.6%)
230	FALKIEWICZ Mateusz	156		M 20	21	00:00:00	21,1 KM	+00:51:22	6:30	9.2 (62.6%)
231	KRUCZEK Grzegorz	162		M 30	53	00:00:00	21,1 KM	+00:51:22	6:30	9.2 (62.6%)
232	ODOROWICZ Kasia	96		K 50	5	00:00:00	21,1 KM	+00:51:37	6:31	9.2 (62.6%)
233	KOWALSKI Marek	395		M 30	54	00:00:00	21,1 KM	+00:51:51	6:32	9.2 (62.6%)
234	KRAJEWSKI Radosław	161	--	M 40	91	00:00:00	21,1 KM	+00:51:53	6:32	9.2 (62.6%)
235	KUBIAK Marcin	128		M 40	92	00:00:00	21,1 KM	+00:52:00	6:32	9.2 (62.6%)
236	KORNEL Maja	75	CORREADORES	K 40	21	00:00:00	21,1 KM	+00:52:04	6:32	9.2 (62.6%)
237	MARKOWICZ Robert	46		M 40	93	00:00:00	21,1 KM	+00:52:15	6:33	9.2 (62.6%)
238	PIATKOWSKI Grzegorz	305		M 30	55	00:00:00	21,1 KM	+00:53:06	6:35	9.1 (61.9%)
239	KOPIENIAK Agnieszka	181	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	K 40	22	00:00:00	21,1 KM	+00:53:19	6:36	9.1 (61.9%)
240	KONKOL Joanna	205	TEAM KĄPINO	K 40	23	00:00:00	21,1 KM	+00:53:23	6:36	9.1 (61.9%)
241	DWÓŹNIK Robert	44	DAM RADEĘ	M 50	22	00:00:00	21,1 KM	+00:53:25	6:36	9.1 (61.9%)
242	AUGUŚCIK Marcin	288		M 20	22	00:00:00	21,1 KM	+00:53:41	6:37	9.1 (61.9%)
243	KUCZYŃSKI Rafał	270	26 2/WKURW_TEAM	M 50	23	00:00:00	21,1 KM	+00:53:51	6:37	9 (61.2%)
244	KROTOS Krzysztof	219		M 40	94	00:00:00	21,1 KM	+00:53:54	6:38	9 (61.2%)
245	STANIEK Sławomir	328	BST	M 40	95	00:00:00	21,1 KM	+00:54:43	6:40	9 (61.2%)
246	GALOR Piotr	359		M 30	56	00:00:00	21,1 KM	+00:54:45	6:40	9 (61.2%)
247	MANIKOWSKI Maks	336	WATAHA - ŁĄCZY NAS BIEGANIE	M 20	23	00:00:00	21,1 KM	+00:54:56	6:40	9 (61.2%)
248	JAWORSKA Justyna	196		K 40	24	00:00:00	21,1 KM	+00:55:18	6:41	9 (61.2%)
249	PODKAMINER-LEWANDOWSKA Anna	15		K 40	25	00:00:00	21,1 KM	+00:55:36	6:42	8.9 (60.5%)
250	PISZAK Michał	213		M 20	24	00:00:00	21,1 KM	+00:55:43	6:43	8.9 (60.5%)
251	NOWAK Barbara	178		K 40	26	00:00:00	21,1 KM	+00:55:56	6:43	8.9 (60.5%)
252	NOWAK Magdalena	89	FILIP RUNNING TEAM	K 30	15	00:00:00	21,1 KM	+00:55:57	6:43	8.9 (60.5%)
253	POKORNY Tomasz	323		M 40	96	00:00:00	21,1 KM	+00:56:13	6:44	8.9 (60.5%)
254	LACHOWSKI Karol	90	FILIP RUNNING TEAM	M 30	57	00:00:00	21,1 KM	+00:56:14	6:44	8.9 (60.5%)
255	LOTKO Jeremiasz	347		M 20	25	00:00:00	21,1 KM	+00:56:35	6:45	8.9 (60.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Dystans	Różn	Tempo min/km	Tempo km/h
256	GAWLIK Kinga	50		K 40	27	00:00:00	21,1 KM	+00:56:36	6:45	8.9 (60.5%)
257	MIGGA Beata	190		K 40	28	00:00:00	21,1 KM	+00:56:44	6:46	8.9 (60.5%)
258	PIWOWAR Grzegorz	10	EASYRUN RACIBÓRZ	M 40	97	00:00:00	21,1 KM	+00:56:54	6:46	8.9 (60.5%)
259	MICHALSKI Janusz	329		M 50	24	00:00:00	21,1 KM	+00:57:23	6:47	8.8 (59.9%)
260	BIELAK Piotr	354		M 30	58	00:00:00	21,1 KM	+00:57:34	6:48	8.8 (59.9%)
261	POPOWSKI Dariusz	80		M 50	25	00:00:00	21,1 KM	+00:58:05	6:49	8.8 (59.9%)
262	BOJKOWSKI Łukasz	187		M 30	59	00:00:00	21,1 KM	+00:58:07	6:50	8.8 (59.9%)
263	WYGLĄDACZ Alicja	366	WIELGOWO NA BIEGOWO	K 40	29	00:00:00	21,1 KM	+00:58:26	6:50	8.8 (59.9%)
264	SHPAK Nazar	127		M 20	26	00:00:00	21,1 KM	+00:58:27	6:50	8.8 (59.9%)
265	KOTARSKA Renata	370	KLUB BIEGACZA ORANGE	K 40	30	00:00:00	21,1 KM	+00:58:35	6:51	8.8 (59.9%)
266	GAŁKIEWICZ Monika	372		K 40	31	00:00:00	21,1 KM	+00:58:43	6:51	8.7 (59.2%)
267	DOPIERAŁA Sławomir	155	KARBUD- W DRODZE DO CELU	M 40	98	00:00:00	21,1 KM	+00:58:51	6:52	8.7 (59.2%)
268	ORSZULSKA Magdalena	9	WIECZORNE BIEGANIE W SZCZECINIE	K 40	32	00:00:00	21,1 KM	+00:59:12	6:53	8.7 (59.2%)
269	HASIAK Katarzyna	73		K 50	6	00:00:00	21,1 KM	+00:59:15	6:53	8.7 (59.2%)
270	IWANOWSKI Piotr	309	TIME SKRZESZEW	M 50	26	00:00:00	21,1 KM	+00:59:23	6:53	8.7 (59.2%)
271	HASIAK Aleksander	72		M 50	27	00:00:00	21,1 KM	+00:59:50	6:54	8.7 (59.2%)
272	CZYŻ Stanisław	280		M 30	60	00:00:00	21,1 KM	+00:59:51	6:54	8.7 (59.2%)
273	GRZESZKOWIA Bogumiła	202		K 50	7	00:00:00	21,1 KM	+00:59:56	6:55	8.7 (59.2%)
274	ŚLUSARZ Iwona	116		K 40	33	00:00:00	21,1 KM	+01:00:08	6:55	8.7 (59.2%)
275	SWARBULA Robert	170		M 40	99	00:00:00	21,1 KM	+01:00:26	6:56	8.6 (58.5%)
276	GRAJCAR Anna	307	SILNA GRUPA BIEGOWA	K 30	16	00:00:00	21,1 KM	+01:00:37	6:57	8.6 (58.5%)
277	LIGOCKI Paweł	310	VF	M 20	27	00:00:00	21,1 KM	+01:00:39	6:57	8.6 (58.5%)
278	SKRZYPEK Marta	350		K 30	17	00:00:00	21,1 KM	+01:00:55	6:57	8.6 (58.5%)
279	SIKORA Ewa	153		K 30	18	00:00:00	21,1 KM	+01:00:56	6:58	8.6 (58.5%)
280	TOBOŁA Michał	174	SZYBKI SKŁAD	M 40	100	00:00:00	21,1 KM	+01:00:59	6:58	8.6 (58.5%)
281	SZYMAK Ewelina	172		K 40	34	00:00:00	21,1 KM	+01:01:32	6:59	8.6 (58.5%)
282	ZYBULA Maciej Leonard	244	BEES & HONEY	M 30	61	00:00:00	21,1 KM	+01:01:49	7:00	8.6 (58.5%)
283	BANASIK Paweł	369		M 50	28	00:00:00	21,1 KM	+01:01:54	7:00	8.6 (58.5%)
284	BIAŁAS Agnieszka	77		K 40	35	00:00:00	21,1 KM	+01:02:46	7:03	8.5 (57.8%)
285	WRÓBLEWSKA Magdalena	169		K 40	36	00:00:00	21,1 KM	+01:02:55	7:03	8.5 (57.8%)
286	ANDRZEJCZAK Beata	84		K 50	8	00:00:00	21,1 KM	+01:03:19	7:04	8.5 (57.8%)
287	ROMAN Krzysztof	136		M 40	101	00:00:00	21,1 KM	+01:03:38	7:05	8.5 (57.8%)
288	LUBAŚ Anna	284		K 40	37	00:00:00	21,1 KM	+01:03:43	7:05	8.5 (57.8%)
289	SOŁDECKA Anna	317		K 50	9	00:00:00	21,1 KM	+01:04:53	7:09	8.4 (57.1%)
290	HAMERSKI Artur	377		M 40	102	00:00:00	21,1 KM	+01:05:25	7:10	8.4 (57.1%)
291	HAJDUKIEWICZ Jarosław	7	SH549	M 50	29	00:00:00	21,1 KM	+01:05:56	7:12	8.3 (56.5%)
292	GROCHOWSKA Joanna	277	BIEGAMY Z OCHOTĄ	K 50	10	00:00:00	21,1 KM	+01:06:22	7:13	8.3 (56.5%)
293	HYLLA Mateusz	225		M 30	62	00:00:00	21,1 KM	+01:08:26	7:19	8.2 (55.8%)
294	KĘDZIERSKI Mieczysław	19	WIECZORNE BIEGANIE W SZCZECINIE	M 60	7	00:00:00	21,1 KM	+01:08:35	7:19	8.2 (55.8%)
295	PIETRUSZKA Sławomir	119	RAZ SZCZECIN	M 50	30	00:00:00	21,1 KM	+01:08:56	7:20	8.2 (55.8%)
296	CIEŚLA Beata	76	ZABIEGANI GOLENIÓW	K 50	11	00:00:00	21,1 KM	+01:09:57	7:23	8.1 (55.1%)
297	KOLIBCZYNSKI Dariusz	16	PŁOCK BIEGA NO AGE LIMIT	M 50	31	00:00:00	21,1 KM	+01:11:56	7:29	8 (54.4%)
298	KROK Krzysztof	339	NIEZRZESZONY	M 50	32	00:00:00	21,1 KM	+01:12:14	7:30	8 (54.4%)
299	KWIATECKA Iwona	262	HERNIK TEAM	K 40	38	00:00:00	21,1 KM	+01:12:56	7:32	8 (54.4%)
300	MATYSIAK Waldemar	38	ŻYRAFA ŻYRARDÓW	M 60	8	00:00:00	21,1 KM	+01:13:14	7:32	7.9 (53.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Dystans	Różn	Tempo min/km	Tempo km/h
301	SADOWSKA Małgorzata	167		K 30	19	00:00:00	21,1 KM	+01:13:16	7:33	7.9 (53.7%)
302	SZOSTAKOWSKI Jarosław	276	BIEGAMY Z OCHOTA	M 50	33	00:00:00	21,1 KM	+01:13:24	7:33	7.9 (53.7%)
303	BAŁA Wiktor	243	CASIO BROTHERS	M 20	28	00:00:00	21,1 KM	+01:13:32	7:33	7.9 (53.7%)
304	WIELIŃSKI Krzysztof	209	KB HERMES GRYFINO	M 70+	2	00:00:00	21,1 KM	+01:13:51	7:34	7.9 (53.7%)
305	OSIŃSKA Monika	304		K 30	20	00:00:00	21,1 KM	+01:13:53	7:34	7.9 (53.7%)
306	CZARNECKA Agnieszka	78	WIECZORNE BIEGANIE W SZCZECINIE	K 40	39	00:00:00	21,1 KM	+01:14:06	7:35	7.9 (53.7%)
307	WRĘCZYCKI Łukasz	33		M 30	63	00:00:00	21,1 KM	+01:14:27	7:36	7.9 (53.7%)
308	JARZYNA Michał	98		M 20	29	00:00:00	21,1 KM	+01:14:33	7:36	7.9 (53.7%)
309	MAKAREWICZ Rafał	303		M 40	103	00:00:00	21,1 KM	+01:16:24	7:41	7.8 (53.1%)
310	TOMCZYK Tomek	379		M 30	64	00:00:00	21,1 KM	+01:16:45	7:42	7.8 (53.1%)
311	MEGGER Agata	386		K 40	40	00:00:00	21,1 KM	+01:17:00	7:43	7.8 (53.1%)
312	PSIK Marzena	30	HERNIK TEAM	K 50	12	00:00:00	21,1 KM	+01:17:12	7:44	7.8 (53.1%)
313	STRADOMSKI Maciej	275	CASIO BROTHERS	M 20	30	00:00:00	21,1 KM	+01:18:11	7:47	7.7 (52.4%)
314	NOWAK Mariola	68		K 50	13	00:00:00	21,1 KM	+01:20:03	7:52	7.6 (51.7%)
315	JĘDRZEJEK Marek	371		M 30	65	00:00:00	21,1 KM	+01:20:58	7:57	7.5 (51.0%)
316	BOROWSKA Magdalena	353		K 50	14	00:00:00	21,1 KM	+01:21:42	7:57	7.5 (51.0%)
317	FIEDZIUSZKO Anna	129	SZALONE WILCZYCE	K 30	21	00:00:00	21,1 KM	+01:21:43	7:57	7.5 (51.0%)
318	RESZKA Andrzej	373	KLUB LENIWYCH BIEGACZY	M 50	34	00:00:00	21,1 KM	+01:22:00	7:57	7.5 (51.0%)
319	BAĆ Wiesław	397		M 40	104	00:00:00	21,1 KM	+01:22:10	7:58	7.5 (51.0%)
320	JAKUBISIAK Renata	117		K 40	41	00:00:00	21,1 KM	+01:22:41	7:59	7.5 (51.0%)
321	FRANKOWSKI Mariusz	22		M 30	66	00:00:00	21,1 KM	+01:23:18	8:01	7.5 (51.0%)
322	HELLER Zdzisław	112	HERBMARATONOW.PL	M 60	9	00:00:00	21,1 KM	+01:25:23	8:07	7.4 (50.3%)
323	KWIATKOWSKA Anna Maria	26		K 20	2	00:00:00	21,1 KM	+01:25:28	8:07	7.4 (50.3%)
324	ŻURAWSKI Jakub	99		M 40	105	00:00:00	21,1 KM	+01:25:45	8:08	7.4 (50.3%)
325	KREŻEL Tomasz	364		M 40	106	00:00:00	21,1 KM	+01:26:16	8:10	7.3 (49.7%)
326	SZYMBORSKA-KREŻEL Agnieszka	363		K 40	42	00:00:00	21,1 KM	+01:27:50	8:14	7.3 (49.7%)
327	SŁAWSKI Arkadiusz	263	MORSY KONIN	M 40	107	00:00:00	21,1 KM	+01:27:56	8:14	7.3 (49.7%)
328	PAJKOWSKI Mirosław	82		M 50	35	00:00:00	21,1 KM	+01:28:11	8:15	7.3 (49.7%)
329	WIĄCEK Jakub	100	DUMNE RYSIE	M 30	67	00:00:00	21,1 KM	+01:29:11	8:18	7.2 (49.0%)
330	TOMASZKIEWICZ Marek	165		M 50	36	00:00:00	21,1 KM	+01:31:01	8:23	7.1 (48.3%)
331	PRZERYWACZ Michał	233	KONGSBERG K-RUNNERS	M 20	31	00:00:00	21,1 KM	+01:33:05	8:29	7.1 (48.3%)
332	MOLSKA Małgorzata	18	OSP KŁODAWA	K 50	15	00:00:00	21,1 KM	+01:33:11	8:29	7.1 (48.3%)
333	JANCZARSKA-BERGEL Katarzyna	32		K 30	22	00:00:00	21,1 KM	+01:34:24	8:33	7 (47.6%)
334	KRYSTOWSKA Joanna	375		K 50	16	00:00:00	21,1 KM	+01:36:21	8:38	6.9 (46.9%)
335	STEMPIŃSKI Paweł	308	GRYFUS SZCZECIN	M 30	68	00:00:00	21,1 KM	+01:37:45	8:42	6.9 (46.9%)
336	STOLARSKI Adam	48		M 30	69	00:00:00	21,1 KM	+01:38:51	8:45	6.8 (46.3%)
337	FLORKIEWICZ Michał	109		M 30	70	00:00:00	21,1 KM	+01:38:57	8:46	6.8 (46.3%)
338	ZAWIŚLAK Urszula	137	KIJANKI	K 50	17	00:00:00	21,1 KM	+01:39:09	8:46	6.8 (46.3%)
339	STUŻYŃSKI Tomasz	159	SPIE SPORT TEAM	M 40	108	00:00:00	21,1 KM	+01:39:24	8:47	6.8 (46.3%)
340	OSIŃSKI Jacek	231		M 40	109	00:00:00	21,1 KM	+01:40:25	8:50	6.8 (46.3%)
341	MIKOŁAJCZAK Rafał	258		M 40	110	00:00:00	21,1 KM	+01:40:36	8:50	6.8 (46.3%)
342	ANTOSIEWICZ Robert	147	LULATEAM	M 50	37	00:00:00	21,1 KM	+01:45:45	9:05	6.6 (44.9%)
343	TORNBY Kim	199		M 30	71	00:00:00	21,1 KM	+01:46:46	9:08	6.6 (44.9%)
344	PELC Tomasz	338	BENEFITUS TOMASZ PELC	M 40	111	00:00:00	21,1 KM	+01:47:51	9:11	6.5 (44.2%)
345	STEFANICKI Marek	28		M 60	10	00:00:00	21,1 KM	+02:04:26	9:58	6 (40.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Dystans	Różn	Tempo min/km	Tempo km/h
346	ŻURAWSKA Jolanta	358		K 50	18	00:00:00	21,1 KM	+02:29:59	11:11	5.4 (36.7%)
347	KUROWSKI Aleksander	182		M 40	112	00:00:00	21,1 KM	+02:38:59	11:36	5.2 (35.4%)
348	ZIMNY Ireneusz	260		M 40	113	00:00:00	21,1 KM	+02:45:57	11:56	5 (34.0%)
349	SZYMANOWICZ Marcin	104		M 30	72	00:00:00	21,1 KM	+02:46:08	11:57	5 (34.0%)
350	SAMOLAK Maciek	184		M 40	114	00:00:00	21,1 KM	+02:46:13	11:57	5 (34.0%)
351	STRZELECKA Agnieszka	105		K 30	23	00:00:00	21,1 KM	+04:28:05	16:47	3.6 (24.5%)
352	BARTNIK Rafał	257	ZABIEGANY WOŁOMIN	M 40	115	00:00:00	21,1 KM	+09:21:04	30:40	2 (13.6%)
353	GRZYWACZ Karol	261		M 30	73	00:00:00	21,1 KM	+12:15:28	38:56	1.5 (10.2%)
354	NOWAK Marta	61		K 30	24	00:00:00	10,2 KM	+	6:24	9.4 (63.9%)
355	URBANOWICZ Marcin	37		M 30	74	00:00:00	10,0 KM	+	4:47	12.5 (85.0%)
356	SWAT-BODAK Agnieszka	580		K 40	43	00:00:00	5,5 KM	+00:30:43	21:14	2.8 (19.0%)

Znaleziono 356 wynik(ów)